

SUUNTO COMFORT BELT

Heart Rate Transmitter Belts

USER GUIDE

1 Introduction to Suunto Comfort Belt	3
2 Getting started with Suunto Comfort Belt	4
Putting on Suunto Comfort Belt	4
Activating	5
Connecting	5
Practical tips	6
Replacing the battery	6
3 Technical specifications	8
4 Intellectual property	9
Copyright	9
Trademark	9
Patent	9
5 Disclaimers	10
User's responsibility	10
CE	10
FCC compliance	10
Disposal of the device	11

1 INTRODUCTION TO SUUNTO COMFORT BELT

Suunto Comfort Belt is a wireless heart rate transmitter belt that forms an integral part of the functionality of a variety of Suunto wristop computers and Peripheral Observation Devices.

With Suunto Comfort Belt, you can monitor your heart rate in real time as you train. This allows you to adjust your training so that your real-time or average heart rate is within the range that is most effective in reaching your individual training goals. Active sports people and anyone involved in physical training programs will find that Suunto Comfort Belt is an invaluable tool in increasing the effectiveness of their training.


2 GETTING STARTED WITH SUUNTO COMFORT BELT


Putting on Suunto Comfort Belt

To get the best results from your Suunto Comfort Belt, it is important that you wear it correctly. To put it on, just follow the simple steps below:

1. Put on your HR transmitter belt and ensure it fits snugly against your chest.
2. Ensure the electrodes of the transmitter belt are lightly wet.



 **NOTE:** We recommend that you wear the transmitter belt against your bare skin to ensure flawless operation. Make sure the red Suunto logo points upwards when you are wearing the belt.


 **WARNING:** *People who have a pacemaker, defibrillator, or other implanted electronic device use the transmitter belt at their own risk. Before starting the initial use of the transmitter belt, we recommend an exercise test under a doctor's supervision. This will ensure the safety and reliability of the pacemaker and transmitter belt when being used simultaneously. Exercise may include some risk, especially for those who have been sedentary. We strongly advise you to consult your doctor prior to beginning a regular exercise program.*

Activating

The belt activates and starts sending data automatically when you put it on.

Connecting

For information on connecting the belt to your compatible Suunto device, please refer to the device's manual.

 **NOTE:** *Belts with ANT icon are compatible with ANT compatible Suunto heart rate monitors, while belts with IND icon are compatible with most exercise equipment with heart rate reception.*



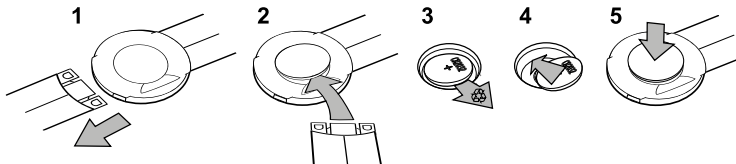
Practical tips


If the heart rate belt does not seem to be sending heart rate data:

1. Ensure the contacts (electrodes) are wet.
2. Adjust the belt so that it fits tighter against your chest.
3. Re-enter training mode.
4. Change the battery.
5. If your skin tends to remain dry during the workout, you can improve the contact by using electrode gel.

Replacing the battery

The transmitter belt operates on a 3-Volt lithium cell, type: CR 2032. The average expected battery life of the transmitter belt is 200 hours of use in ideal operating temperatures. Replace the battery as illustrated here:



 **NOTE:** Suunto recommends that the battery cover and the O ring are changed simultaneously with the battery to ensure that the transmitter remains clean and water resistant. Replacement covers are available with replacement batteries.

3 TECHNICAL SPECIFICATIONS

- Water resistance: 20 m / 66 ft
- Weight: max. 42 g
- Frequency: 2.465 GHz Suunto ANT compatible / 5.3 kHz Suunto IND compatible
- Transmission range: see specification of heart rate receiving device
- User-replaceable battery CR2032

4 INTELLECTUAL PROPERTY

Copyright

Copyright © Suunto Oy 2008. All rights reserved. This document and its contents are proprietary to Suunto Oy and are intended solely for the use of its clients to obtain knowledge and information regarding the operation of Suunto products. Its contents shall not be used or distributed for any other purpose and/or otherwise communicated, disclosed or reproduced without the prior written consent of Suunto Oy.

This document content is subject to change at any time without notice. Suunto shall not give any warranties, whether express or implied, including without limitation that this documentation is accurate, comprehensive or error-free. The latest version of this documentation can be downloaded at www.suunto.com.

Trademark

Suunto and its product names, trade names, trademarks and service marks whether registered or unregistered are protected by Suunto or respective third party owners. All rights reserved.

Patent

These products are protected by the following patent and patent applications US 7129835, US 11/169712, US 11/808391 and FI 20075938. Other patents have been applied for.

5 DISCLAIMERS

User's responsibility

This instrument is intended for recreational use only. Suunto Comfort Belt must not be used as a substitute for obtaining measurements that require professional precision and must not be used to obtain measurements that require laboratory-quality measurements.

CE

The CE mark is used to mark conformity with the European Union EMC directives 89/336/EEC and 99/5/EEC.

FCC compliance

This device complies with Part 15 of the FCC limits for class B digital devices. This equipment generates, uses, and can radiate radio frequency energy and, if not installed or used in accordance with the instructions, may cause harmful interference to radio communications. There is no guarantee that interference will not occur in a particular instance. If this equipment does cause harmful interference to other equipment, try to correct the problem by relocating the equipment.

Consult an authorized Suunto representative or other qualified service technician if you cannot correct the problem. Operation is subject to the following conditions:

- This device cannot cause harmful interference.
- This device must accept any interference received, including interference that may cause undesired operation.

Repairs should be made by authorized Suunto service personnel. Unauthorized repairs will void warranty.

This product has been tested to comply with FCC standards and is intended for home or office use only.

FCC WARNING: *Changes or modifications not expressly approved by Suunto Oy could void your authority to operate this device under FCC regulations.*

Disposal of the device



Please dispose of the device in an appropriate way, treating it as electronic waste. Do not throw it in the garbage. If you wish, you may return the device to your nearest Suunto representative.



Copyright © Suunto Oy 9/2008
All rights reserved.